




























Atlantic Highlands, NJ - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:40	4.4	5:12	5.7	10:53	0.4	11:59	0.3	5:53	8:11	
2	Sun	5:48	4.6	6:14	5.8	11:53	0.3			5:54	8:10	
3	Mon	6:49	4.8	7:10	6.0	12:55	0.1	12:51	0.2	5:55	8:09	
4	Tue	7:42	5.0	8:00	6.0	1:48	-0.1	1:46	0.1	5:56	8:07	
5	Wed	8:32	5.2	8:47	5.9	2:38	-0.2	2:39	0.1	5:57	8:06	
6	Thu	9:20	5.3	9:32	5.8	3:24	-0.3	3:28	0.2	5:58	8:05	
7	Fri	10:07	5.3	10:17	5.5	4:05	-0.2	4:13	0.3	5:59	8:04	
8	Sat	10:54	5.2	11:02	5.1	4:44	0.0	4:56	0.5	6:00	8:03	
9	Sun	11:40	5.1	11:48	4.8	5:21	0.2	5:39	0.8	6:01	8:01	
10	Mon			12:26	5.0	5:57	0.5	6:24	1.0	6:02	8:00	
11	Tue	12:34	4.5	1:11	4.9	6:35	0.8	7:16	1.3	6:03	7:59	
12	Wed	1:21	4.2	1:55	4.8	7:19	1.1	8:17	1.4	6:04	7:58	
13	Thu	2:09	4.0	2:41	4.8	8:12	1.3	9:20	1.4	6:05	7:56	
14	Fri	3:00	3.8	3:31	4.7	9:13	1.4	10:19	1.3	6:06	7:55	
15	Sat	3:58	3.8	4:28	4.8	10:12	1.4	11:12	1.1	6:07	7:54	
16	Sun	5:01	3.9	5:25	5.0	11:06	1.2			6:08	7:52	
17	Mon	5:58	4.1	6:16	5.2	12:01	0.9	11:56 AM	1.1	6:09	7:51	
18	Tue	6:46	4.3	7:00	5.5	12:46	0.6	12:43	0.8	6:10	7:49	
19	Wed	7:28	4.6	7:41	5.7	1:31	0.4	1:31	0.6	6:11	7:48	
20	Thu	8:08	4.9	8:20	5.8	2:13	0.1	2:17	0.4	6:12	7:47	
21	Fri	8:47	5.1	9:00	5.8	2:54	0.0	3:03	0.3	6:13	7:45	
22	Sat	9:27	5.3	9:42	5.7	3:34	-0.2	3:48	0.2	6:14	7:44	
23	Sun	10:10	5.5	10:28	5.5	4:12	-0.2	4:33	0.2	6:14	7:42	
24	Mon	10:57	5.6	11:19	5.2	4:50	-0.1	5:20	0.4	6:15	7:41	
25	Tue	11:50	5.6			5:31	0.0	6:13	0.6	6:16	7:39	
26	Wed	12:15	4.9	12:47	5.6	6:17	0.3	7:18	0.8	6:17	7:38	
27	Thu	1:15	4.6	1:45	5.5	7:15	0.5	8:32	0.9	6:18	7:36	
28	Fri	2:17	4.5	2:46	5.5	8:26	0.7	9:44	0.9	6:19	7:34	
29	Sat	3:22	4.4	3:52	5.4	9:39	0.8	10:49	0.7	6:20	7:33	
30	Sun	4:32	4.4	5:01	5.5	10:46	0.7	11:46	0.4	6:21	7:31	
31	Mon	5:39	4.7	6:03	5.6	11:45	0.5			6:22	7:30	